



**Thompson R-2J School
District
Nutrition Services**



R2J: Are You Ready for a New You?



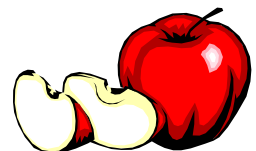
**First 100
Participants
Get a Free
Pedometer**

Purpose: To encourage and promote a healthy lifestyle among staff members, enhancing overall health and well-being.

Description: "R2J: Are You Ready For a New You" is a 16-week wellness program that emphasizes diet, physical activity, and health screenings.

Top 5 Reasons Why You Should Participate!

- #5.** Health Journal
- #4.** Cool Prizes
- #3.** Free Pedometer
- #2.** Up to Date Health Information
- #1.** Improved Health



Sign Up Now: Contact the Nutrition Services Department Secretary at ext. 5143 by August 25th if you would like to participate.